



Family-style ice hockey in Reno

By Mike Selby

After hundreds of volunteer hours preparing the Selbee Pond at Sky Tavern, it was finally time to lace up the skates. A couple dozen adults and children from the South Reno area gathered on both sides of center ice. And as I dropped the puck for the first ever, outdoor night game last winter, a quiet smile graced my face. It had been a long time coming.

The Skytavern Hockey Rink began as a dream for skaters in our area that had been skating on Little Washoe, Hidden Lake and any other surface they could find. Melting ice or snow coverage had always made for a very short season. For us older players, work often got in the way as well. We needed a place with lights, so we could play when folks had free time.

Unfortunately, Reno-Sparks is one of the few larger metro areas without hockey ice. Every year, we die-hard hockey players talked about building a rink somewhere in the Carson Range. Since nobody else seemed to want to pick up the gauntlet, we needed to find a remedy.

As I have learned over and over in life, never underestimate what a small group of motivated people can get done. After much discussion, a few families in the local hockey community came together to clean out a silted-in pond at Sky Tavern. Working with the Sky Tavern Ski Area, the ground was prepared for hockey.

Our inaugural year went well with over twenty-five games, countless potlucks around a fire, and many gallons of hot chocolate. Adults and kids worked together

to clear the snow. The ice was prepared by the Zamboozler, a home-made, Zamboni-like contraption built of an old wagon, a water heater core and parts of a barbecue grill. The genius invention even won Second Place at the Nevada State Science Fair.

There are no fights on our ice. Rather, we play good-natured, family-style hockey with all ages and all skill levels welcome. We offer coaching as we go. From beginners to seasoned athletes, everyone is

sure to have a great time. After all, there is nothing quite like the smile from a seven-year-old when he scores his first goal.

As the leaves turn, we look forward to further improving the rink with better methods of clearing the ice, more lights, Zamboozler improvements, and a storage shed. As we always say, "If everyone helps, then everyone plays!"

For more info please contact Mike Selby (775) 849-3393 or mike@projectdiscovery.com.

Letter From the Publisher



Richard and Janice Keillor enjoy a blue bird day at Mt Rose last winter.

January, and February. But we all know that it can snow in May or June. So, really, how long is winter around here?

It can be a very long time, hence my lack of enthusiasm for this season. Sometimes winter just never ends and we get all of one week of spring.

But so many people love winter. My husband cannot wait for the temperatures to drop and the storms to roll in. He loves snow sports and rises at the crack of dawn, so he can be the first to ski the powder.

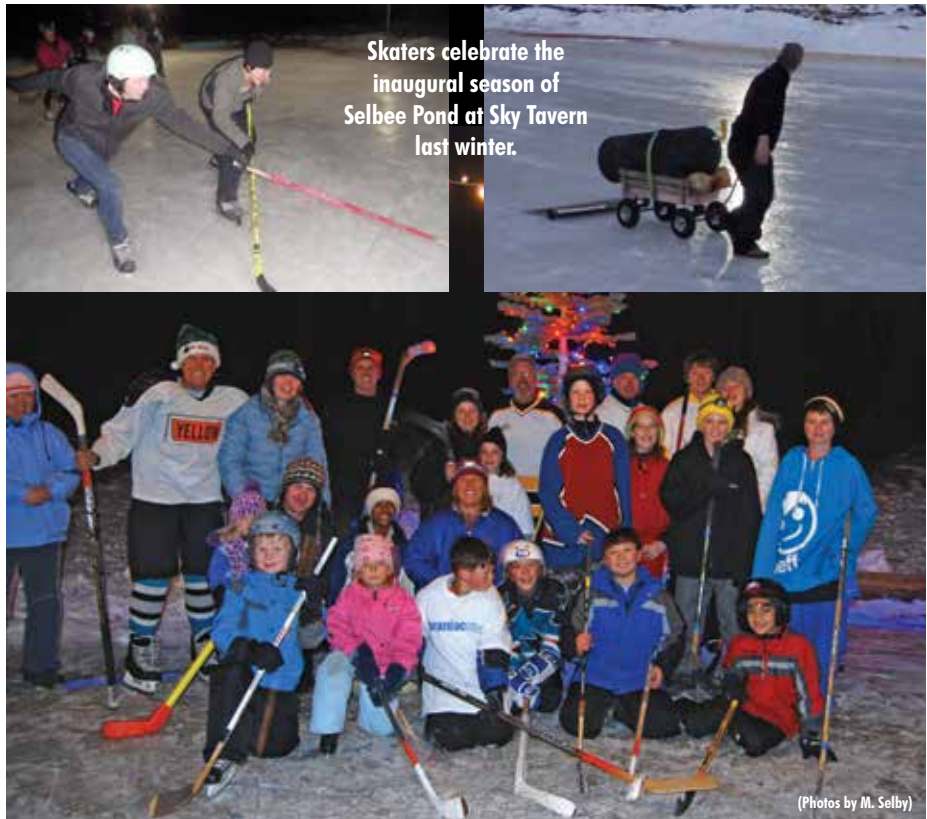
Apparently, this is a very amazing thing to do. I'm hoping to experience powder skiing this year so that I can feel enthusiastic about waking up early and going outside in 2 degree weather. Up to this point, I'm still wondering about the appeal of this versus sitting by a warm fire.

Back country skiing is one snow sport that I've heard repeatedly compared to mountain biking. The similarity is in the amount of exertion spent climbing to the top of a mountain with skis on your feet, and then the exhilaration of skiing back down the slopes. This does, in fact, sound similar to mountain biking, minus the fact that snow covers the ground. I might be able to enjoy this, because doing something strenuous, even in freezing conditions, sounds right up my alley. A bonus is that I don't need to pay for a lift ticket.

Since I started writing about winter, I have begun to feel the slightest bit of excitement about it, mostly because I'm challenging myself. Despite the cold, short days, the snow shoveling, the chipping of ice off my driveway, having to wear my coat indoors, and the limited mountain biking opportunities, winter really is amazing.

The Sierra Nevadas are truly spectacular, especially covered in snow, and this winter I plan to learn why so many people love to ski powder."

Happy Holidays,
Richard and Janice Keillor



(Photos by M. Selby)

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Warm up at the South Valleys Library

By Julie Ullman

No matter what the weather is doing outside, you can count on the South Valleys Library to help you stay warm this winter. Get out of the cold and into your library for these upcoming events.

Holiday Book Sale

December 12-24

You can find something for everyone on your shopping list at our huge Holiday Book Sale. From gift books to DVDs to bestsellers, you're sure to find just the right gift for just the right price. You might even have to pick up a gift for yourself at these prices. Plus, we'll provide some basic gift wrapping materials and you are welcome to wrap your gifts at the library, too.

A Visit with St. Nick

Friday, December 12, 10:30 a.m.

Skip the Mall Santa this year and meet

the Library Santa instead. Bring your kids and your camera and make some memories.

Wrap Party

Saturday, December 20, 2-4 p.m.

It's awfully hard to keep all your holiday gifts a secret but the library can help. Bring your gifts to the library and wrap them up away from prying eyes. You are welcome to bring your own gift wrapping supplies, or use ours. We'll provide the carols and the Hot Cocoa Bar. For kids and adults.

Radon Awareness

Wednesday, January 14, 6-7:30 p.m.

Radon is the leading cause of lung cancer among nonsmokers and is estimated to cause 21,000 lung cancer deaths in the U.S. each year. January is National Radon Action Month and the Nevada Radon

Education Program of University of Nevada Cooperative Extension (UNCE) will be presenting an informational session along with free radon test kits.

Aloha Hawaii

Saturday, February 21, 2 p.m.

Dreaming of a warm Hawaiian vacation in the middle of a cold winter season? Kids are invited to enjoy a little of the island life this afternoon with a presentation on the culture and wonder of Hawaii by Debbie Harvey. They'll also enjoy making their own lei to take home.

Julie Ullman is the Managing Librarian at the South Valleys Library. You can often find her presenting Story Time at the library or walking her dogs at Galena Creek Park. For complete details on library events, visit www.washoecountylibrary.us or Facebook at www.facebook.com/washoecountylibrary.



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Local Boy Scouts collect your Christmas trees



Thomas Lancaster

By Thomas Lancaster

It is generally accepted that the holiday season ends on January 1st, so why is your Christmas tree still sticking around? Want to get rid of that outdated shrubbery? Leave it outside your door on January 2nd, and your local Boy Scout Troop 10 will pick



it up for disposal. The troop services the Galena Forest area and Rolling Hills. Just

have your tree out by 9am for pickup.

The local Boy Scouts are currently fundraising for a High Adventure Camp Trip and would love community support. While a donation to accompany your tree is not necessary, a donation of \$10 is suggested. Still, any donation will help, and is greatly appreciated.

The boys will be leaving donation envelopes on doorsteps the weekend before the tree pickup.

Thomas Lancaster is a Boy Scout with Troop 10.



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Snowmaking expansion and increased seating for 2014-15



(Photos by M. Pierce)

Mt. Rose -Ski Tahoe got ready to celebrate its 50th year this season by preparing the terrain for a better ski experience. With an additional 34 hydrants, snow making on the lower mountain led to an early opening on November 7th. Trail expansions doubled the beginner terrain around Flying Jenny.

By Mike Pierce

Mt. Rose-Ski Tahoe charged into the off-season with substantial plans to improve the skiing experience for all guests. With the addition of 34 additional hydrants, the snow-making "firepower" on the lower mountain has been increased by 50 percent, enabling more effective coverage of the vast learning terrain during opportunistic weather windows. This includes the entire Children's / Rosebud's teaching area.

The Enchanted Forest, North Rim, larger sections of Galena, Around the World and Switchback trails now all have full snowmaking coverage. This ability to pump out more snow, combined with high elevation virtually ensures that Mt. Rose will be of the first resorts open for skiing and snowboarding in Lake Tahoe.

Complementing the increase in snowmaking are several areas of trail improvements which will collectively enhance the skiing experience. Significant trail expansion has taken place in the Show-off, "first-timer" area with terrain added on the south side of the

Flying Jenny conveyor lift. This expansion (also fully supported by snowmaking coverage) increases this prime teaching terrain by nearly 100 percent.

Once trail work is completed, the Flying Jenny surface lift will be re-installed improving the alignment, and creating better loading and exiting experience for all entry level skiing and snowboarding guests.

The Wild Horse Adventure Trail has been greatly modified. Both Mustang and Bronco trails were widened and somewhat "toned down" as steeper pitches and tighter turns were softened to improve access for users of lesser ability.

Also, in addition to sections of the Galena area, the Around the World trail has been re-graded, widened and re-contoured to improve early season access. Select boulder removal off the Pony Express zone will improve this popular lower level "exploring" zone.

For the advanced skiers and riders, Powder Ridge has been thinned, snow fencing installed at the top of the face runs, and the Chutes have received additional

hazard removal.

The Main Lodge has increased indoor dining capacity with the addition 250 seats off the Mountain View Dining area on the upper level of the lodge. This gain in seating will also offer the ability to entertain private groups for parties and other functions. Further facility enhancements include a new dynamic online ticketing process, new phone system, relocated administrative offices, more web cams with enhanced views, improved slope access from Lot 3, as well as numerous smaller projects around the mountain. Mt. Rose has also welcomed the addition of Billy Jesberg as the new Creative Director.

Mike Pierce is the Mt. Rose marketing director. Mt. Rose is Tahoe's closest skiing to Reno, located 25 minutes away from Reno and 15 minutes from Lake Tahoe. Mt. Rose boasts over 1200 acres of terrain, including the 200+ acre Chutes. For current weather conditions or information regarding improvements, please visit www.skirose.com or call (775) 849-0704.



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The Galena Times is dedicated to providing the Mount Rose corridor and parts of Incline Village and Carson City with a neighborhood paper that informs and connects local businesses and residents.

The Galena Times is distributed for free, quarterly. Approximately 9000 are direct mailed and 1000 are distributed to select business locations.

The Galena Times encourages everyone to write and express opinions about the community or the paper. We welcome your stories and photos, but reserve the right to edit submissions.

Please contact Richard with all inquiries regarding the Galena Times: richardk@cbivr.com or visit our website: www.galenatimes.com

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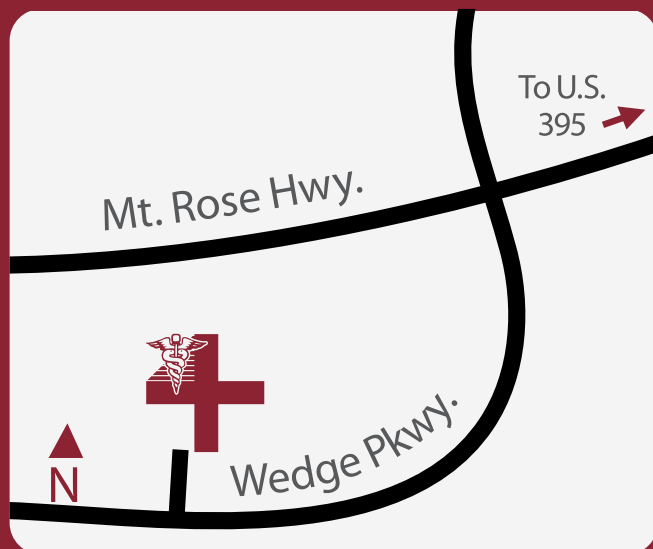
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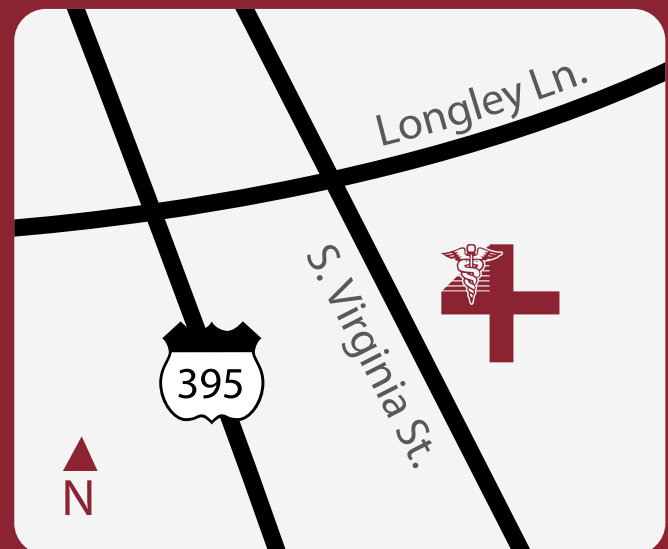
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Galena Creek Visitor Center connects people and nature

By Gwen Bourne and Dagmar Bohlmann

We all have fond childhood memories: making leaf boats on mountain creeks, attentively watching the march of ants on a log or spending hours staring up, looking at clouds. Whether we realized it or not, those memories of the outdoors shaped our views of the natural world. But for many kids those kinds of memories are fading fast. In a typical week, only 6 percent of children ages 9-13 play outside on their own, said the Children and Nature Network. And according to the National Institute of Health, most American children spend five to seven hours in front of screens every day.

Getting kids back outside is more important than ever — for the sake of the kids and the future of the planet. Spending time outdoors at a young age is critical to fostering a healthy conservation ethic. That's why the Galena Creek Visitor Center piloted the Residential School Field Studies program.

Aside from immediate health and academic benefits, kids who spent more time outside in the Galena Forest in 2014, also are more aware of the need for long-term forest conservation. The program was partially funded by the Nell J. Redfield Foundation. One hundred fifth-grade students from Hunsberger Elementary stayed two days and one night at WeChMe Lodge in June. Rainshadow Charter High School brought up 86 high schoolers over a three-week period in September, staying for four days and three nights with each group.

Counselors, teachers and students hiked together, participated in hands-on,



(Photo by T. Tagitt)

Hunter Mason, Clark Barrus and Calix Barrus installed the flag pole and half the rail fence around Galena Creek Visitor Center's Pollinator Garden.

discovery-based science education, shared meals, played games outside, roasted marshmallows, watched the night sky, and got to know themselves and each other better.

Many of the high school students had never been in a forest before, nor did they have access to outdoor, discovery-based education.

"I got out of the classroom and was actually active for more than an hour a day, out in the woods, making friends," said Kyle, a Rainshadow Charter High School student. "We went on multiple hikes and I



(Photo by G. Bourne)

Eagle Scout candidate Shane Henderson installed the other half of the new rail fence.

had a blast. I did things I didn't think I was capable of doing. My favorite thing was the hikes — they challenged me. Going up steep hills was tough, but I did it!"

Alissa Wilmet, Rainshadow Dean of Students, particularly appreciated the opportunity the students had.

"They learn to work with each other, work with new people, and make inroads with relationships in a meaningful way," she said. "This forest is so close to Reno, but a whole different world for our students."

To bring more students to nature, the Community Foundation of Western

Nevada has agreed to provide up to \$14,000 in matching funds to support outdoor education. Supporters have provided \$5,300 to date, which will now be doubled. A donation of \$40 allows an at-risk child to attend summer camp for a day, and that donation will be doubled to provide two days of summer camp. A donation of \$15 provides a field studies experience for a student, with pre-trips and post trips in the classroom and three hours outdoors in Galena Forest.

Galena Creek Visitor Center creates community not only through programming; it also extends its welcome to neighborhood volunteers. The Pollinator Garden at the visitor center is the beneficiary of a new split rail fence and flagpole, thanks to Eagle Scout candidates Hunter Mason and Shane Henderson. Bee Habitat and the Reno/Sparks Board of Realtors will be adding to the garden and installing a bee hotel this fall, weather permitting, and a bee and pollinator curriculum will be rolled out for teachers by spring 2015.

The visitor center is supported by a Community Board. Formed in the fall of 2014, Board President Greg Juhl leads dedicated volunteers Mary Burnham, Christine Duckworth, Mark and Nicole Forsberg, Lucinda Gunderson, Cari Hulse, Debbie Kladney, and Alison Wall.

Gwen Bourne is the associate director of Galena Creek Visitor Center. To support Washoe County students and help raise the additional \$8,700 to be doubled by January 31, 2015, call (775) 849-4948 or visit www.GalenaCreekVisitorCenter.org.

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Junior League turns off Reno Arch to bring attention to sex trafficking

By Meghan Ochs-Di Rocco

As part of their 'Out of the Darkness and into the Light' campaign, The Junior League of Reno will turn off the lights on the Reno Arch on January 11th, 2015 to raise awareness about victims of sex trafficking in Northern Nevada.

The event will begin at 3 pm on Third Street in downtown Reno, directly under the arch. Members of The Junior League, various community leaders, as well as community members will stand united to illuminate the darkness this issue has brought to the state and the life of sex trafficking victims.

"The exploitation of trafficking victims should no longer be tolerated in our community and Junior League proudly supports local efforts to combat this issue," said Jamii Uboldi, president of Junior League of Reno. "Our organization has worked closely with the State of Nevada to develop new laws that protect victims, enforce stricter punishment of traffickers and make it easier for victims to leave the trade."

Human trafficking is the control and exploitation of people for profit. As defined under federal law, victims of human trafficking include children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial

sex acts, and anyone compelled into forced labor. According to the 2004 United States Department of Justice annual report, Nevada is a major destination for domestic minor sex trafficking victims in the U.S.

Across the globe, human trafficking has been a long standing issue for many communities, countries and cities. Recently, this issue has been brought to the forefront by local activist groups such as the Junior League and the news media. In the state of Nevada, human trafficking is rising while at the same time, with support from The Junior League of Reno, the issue is being combated.

Earlier this year, Junior League of Reno held an inaugural dinner at The Grove to raise money for local victims of sex trafficking. Additionally, in the last legislative year, The League advocated for AB 67, a bill that changed the law for human traffickers and their victims.

At the conclusion of the event, the Reno Arch will be relit and the community will hopefully stand a little more united and aware of the local implications of sex trafficking.

Meghan Ochs-Di Rocco is a member of The Junior League Reno. For more information on this event and information on local efforts to combat sex trafficking please visit www.jlreno.org

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A hidden secret close to home – “Jacks Valley Peak”

By Daniel Fleischmann

Each day, thousands of drivers take US 50 heading west from Carson City to Lake Tahoe. Each day, those thousands of drivers pass a small mountain rising just to the south of US 50, and never give it a second thought. Many others play golf at its base to the west at Clear Creek, with similar lack of curiosity.

This mountain isn't just an ordinary foothill. It has a prominence of 720 feet above the surrounding terrain, dropping off precipitously to the north and east; making it an obvious landmark on the way back from Lake Tahoe into Carson City.

While unnamed by the U.S. Geological Survey, it can be referred to as Jacks Valley Peak, given it rises north of Jacks Valley to 6,460 feet above sea level.

White rocks adorn the trails along the mountainside, making for a gorgeous trek to the summit. It is an ideal hike for the winter. From the summit, the views are spectacular: a close-up of the Carson Range rising up just to the west and snow covered forests towering above the desert landscape below. My friends and I hiked it on January 4, 2014.

Reaching the summit doesn't take long. It is easily accessed by steep,



Towering above Jack's Valley is a great winter hiking destination with astonishing vistas.



Part of the sandy path up Jack's Valley Peak meanders between white boulders.

sandy roads in less than 2 miles. However, the trail views, and summit views are very pleasing, and well worth the trip. There are plenty of opportunities for scrambling up the white rocks.

The primary approach is from Jacks Valley Road to the south. Take 395 South through the southern edge of Carson City. Go past US 50 and turn right on Jacks Valley Road. Drive two miles down the road to a small dirt parking area adjacent to a trailhead sign. You will pass a water tower on the way. The trailhead is at about 5,055'.

From the trailhead, the road curves to the left, and then you take a quick right towards the white rocks. The road continues for about a mile.

Stay straight and head towards the white rocks; avoid side roads. Once at the end of the road, an obvious

trail continues up towards the white rocks. The trail is steep and sandy, and weaves through the rocks.

Eventually the trail levels out, and seems to peter out, but does continue to the north (right) and eventually leads directly to the summit.

If taking the trail, the one-way distance to the summit is about two miles from the trailhead, with an elevation gain of a little over 1,400'. To extend the trip, feel free to do some winter rock climbing up the many boulders along the way.

For more information, visit: www.summitpost.org/peak-6460-jacks-valley/881968



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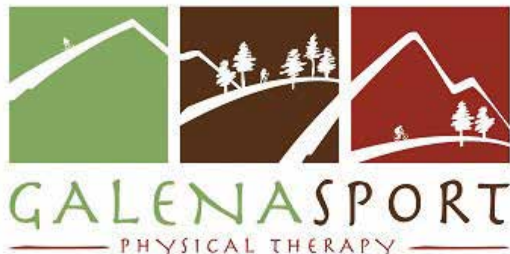
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See All Area Home Sales for the Last 3 Months on www.GalenaTimes.com.



Charming 1939 brick home in the heart of the old southwest, Midtown. Walk in to gleaming hardwood floors, fresh paint, completely remodeled chefs delight kitchen with Italian tile, travertine flooring, granite countertops and new alder cabinets. **\$350,500.**



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3 BR, 2.5 BA, 3 car garage, 3306 sq. ft. situated on approximately 1.17 acres among towering Jeffrey Pine trees. The great room with soaring ceiling is complemented with floor to ceiling picture windows bringing the outside landscape and light into every room. **\$689,000.**



Nestled in the pines of Galena Forest Estates this single level floor plan encompasses 2860 sq. ft. of very convenient living space. Floor plan utilizes the popular "great room" concept with 3 BR and a separate office off of the main entry. The living room overlooks the large rear deck. **\$627,000.**



Located in the gated area of Scotch Pine, this lodge style home has beautiful open beam ceiling, wood flooring, charming kitchen and tranquil covered deck. Granite countertops, stainless appliances and decorator touches. Walkout to secluded patio from the downstairs. **\$895,000.**



Nice single story Galena Forest home. Two BR and a large office/loft area that can easily be converted into a 3rd BR. Separate large shop area. Beautifully landscaped with private court yard and low maintenance. Close to skiing, shopping and Lake Tahoe. **\$649,000.**



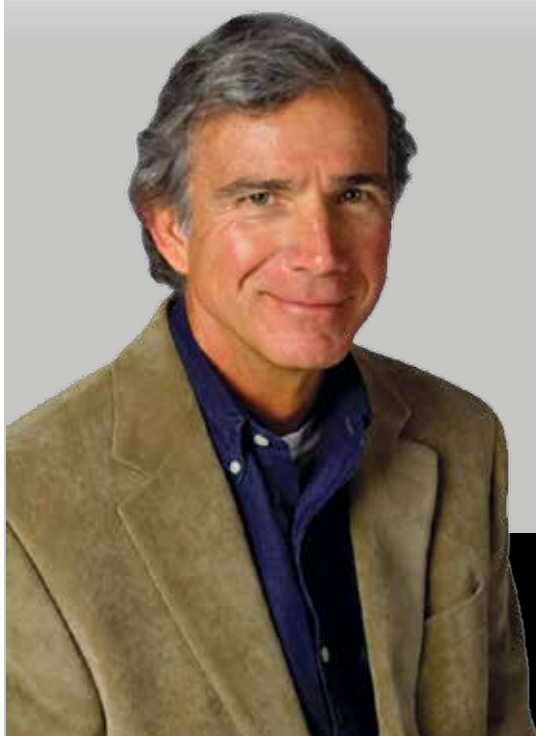
Beautiful custom home in the prestigious neighborhood of Windy Hill on 3.28 acres. This one-of-a-kind property has secluded privacy and is still minutes from town. Gorgeous chef's kitchen has stainless appliances overlooking the in-ground pool. **\$1,390,000.**



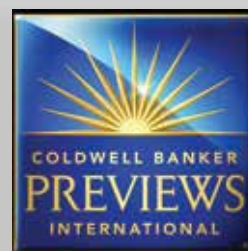
Very private St. James lot located on Bennington Court. This 1.6 acre lot is one of the best lots still available. Live in the trees and enjoy the views this property offers. Close to skiing at Mt. Rose ski area, shopping at the new Summit Sierra Mall and beautiful Lake Tahoe. **\$198,000.**



Live in Galena Forest with Galena Creek and a beautiful green belt out your back door. A short drive to skiing at Mt. Rose, shopping at the Summit Sierra Mall or taking a dip in Lake Tahoe. **\$175,000.**



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~ Mark Schopper, Esq., new Galena Forest resident

Take charge of your health! It's too costly not to.



Dr. Andre Meintjes

By André Meintjes

I had a patient referred to me for low back pain. Reviewing the medical history, I noted coronary artery disease with seven stents, diabetes, morbid obesity and smoking. To me, he had more important issues than back pain but to him, back pain was the problem.

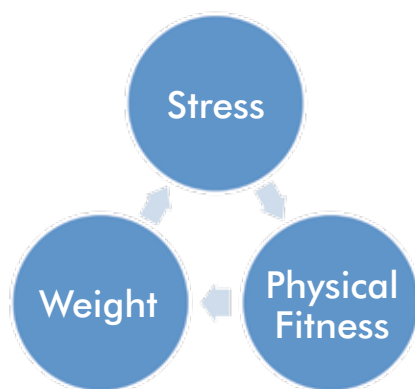
I think people struggle because of the apparent complexity of the path to a healthier lifestyle. A brief look at financial implications might provide some motivation. Direct medical costs for diabetics are 2.3 times higher than non-diabetics at \$176 billion or \$8380.95 per diabetic. For coronary artery disease, a \$312.6 billion direct cost translates to \$12,023.08 per person with the condition. Total additional cost per year for my patient: \$20,404.03. Clearly it is too expensive not to address the aspects of such diseases we can easily impact.

With New Year's resolutions nearing,

now is a great time to think about goals for your health. So find your very own, personal "Why" to keep you going when you really don't feel like being disciplined. Here are five simple questions to ask yourself. Write the answers on your bathroom mirror so you see them each morning.

What is health to me?

Draw a circle and divide it into sections with each piece of the pie being one part of your health that's important to you. These are the aspects of health to focus on. This schematic is an incomplete example. There can be more pieces in your pie.



Which parts of my health should I make some changes to?

Grade each sector of your pie chart of health from zero (center of the circle) to 10 (perfection) at the circumference. Now join the points. You will now have a wheel of health that will most likely roll very unevenly – an uncomfortable ride.

What or who is my "Why"?

Finding your own, personal reason for making the lifestyle change is absolutely vital to success. If you don't have a very important focus you may fall off the tracks as you smooth out your wheel. My "Why" is the joy of being with my wife and two sons – I have a look at my favorite family picture every day to remind me.

Whom can I recruit to support me?

Having supportive people help you be accountable, checking in on you and even making a similar change with you will dramatically improve your success. Identify friends, family, or coworkers.

What is my one specific goal that I want to reach by June 30th, 2015?

Be very detailed, give specifics, and write down the achievement date on which you will celebrate. Read it daily. It could sound like this: "I will lose 50 pounds, or 4.42 ounces per day, by June 30, 2015, by eating portion sizes of fresh fruit and vegetables, limiting alcohol to one drink a week, avoiding all processed foods, and walking 10 to 20 minutes every single day."

André Meintjes, M.P.T., C.F.E., Ph.D. founded IMPILO Health specifically to educate and help people develop specific lifestyle goals by attending affordable seminars in which each person is guided through the process of developing their own pathway to health. The Reno seminar is scheduled for 24th January, 2015. See www.IMPILOHealth.com to register and visit the blog.

Is KTM really making bicycles now?

By Trevor de Ruise

Professional athletics is all about building relationships. In many cases, finding likeminded brands to help you pursue your passion is just as important as performance. Fortunately, I have had some

great opportunities with different company sponsorships in the past. But going forward into the 2015 season, I finally feel as though I have found my home.

When I'm going up Mt. Rose or out on a frozen trail, my new bikes are hard



(Photo submitted by T. de Ruise)

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to miss. Bright orange and covered in the logo of the popular motorcycle brand, KTM, they look pretty unique. In fact, you won't see them anywhere else on the continent at the moment.

Is KTM really making bicycles now? And if so, why do I have them?

KTM has actually been in the bicycle business since the 60's, making their bicycles by hand in Austria. With several professional road teams in Europe and even a World Cup win to their name from the 90's, their bikes are tried and tested. After 50 years of development, they have decided 2015 is the year to make a push into North America, and I am thrilled to announce that I will be their first professional mountain biker.

My relationship with the company actually goes way back since I was four years old and raced motorcycles. I raced on their signature color orange all the way through my Pro Lites career, before a few injuries and setbacks led me to discover my love of mountain biking. After a few years of finding my way in cycling atop some

other brands, it feels great to be back with the company that started it all for me.

Reno's very own Nature's Bakery has joined in on the action to create the very first KTM Pro MTB program on the continent. We'll be headed all across the United States, Canada, and beyond, but home base will remain here in the Reno-Tahoe area, which I couldn't be happier about. Everything from KTM's new promotional photos and videos to further bike development will take place right here on our Northern Nevada trails and roads.

For 2015, we'll be focusing on the Pro Cross Country Tour, the US Cup Series, and a few international stage races. On top of this, I'm hoping to be at all of our local events, cheering on my Audi Juniors and racing with friends.

While the bikes aren't yet available, feel free to stop me on the trail or on the road if you're headed up to go ski and have a look for yourself. The color isn't the only thing special about them. Plus, I always carry an extra Fig Bar to share with my fellow mountain bikers.

Aches and pains...Could it be arthritis?



Dr. Susan Knowles

By Susan Knowles

More than 46 million adults in the United States are living with arthritis, and 67 million Americans ages 18 years or older are projected to have doctor-diagnosed arthritis by 2030.

The term “arthritis” is used to indicate a condition that causes joint inflammation. There are about 20 different forms of arthritis, each with unique features, but all can cause pain and discomfort in the joints. There are two major types of arthritis — osteoarthritis, the most frequently diagnosed and commonly referred to as the “wear and tear” arthritis, and rheumatoid arthritis, an inflammatory type of arthritis that happens when the

body’s immune system does not work properly.

Damage to joints can occur early and does not always correlate with the severity of pain or discomfort. Symptoms can arise from the inflammation of the cartilage and joint itself, or from inflammation of the structures surrounding the joint, including tendons, ligaments or bursas. There may be mild swelling and warmth in the affected area and the joints may feel stiff after sitting for a prolonged period of time. Bony or knobby changes of the joint may occur in conjunction with a limited range of motion. Cracking or grinding noises with joint movement are also a common symptom.

While there is no cure for arthritis, there are several treatment options available that can help manage the symptoms and improve overall function including:

- Medications

- Topical creams
- Injectable medications
- Exercise
- Physical therapy
- Braces or other joint supportive devices

Those who suffer from bone or joint pain should consult a rheumatologist for treatment.

Dr. Susan Knowles, MD, FACP, FACR is a Board Certified Rheumatologist and Internal Medicine Physician at Carson Tahoe Health. She currently treats patients with rheumatoid arthritis, osteoarthritis, gout, lupus, dermatomyositis, scleroderma and vasculitis. Dr. Knowles is a native of Nevada and graduated from the University of Nevada School of Medicine. She completed her internal medicine residency and rheumatology fellowship at University of Arizona. For more information, contact (775) 445-7170.

How to prevent cavities in 4 simple steps



Gilbert A. Trujillo, DDS

By Gilbert Trujillo

Most of us have had dental caries, aka cavities. I know I have! I have gone from small fillings using the older amalgam silver fillings to root canal treatment and crowns. All this has cost a lot of money, pain and my time over the years. There is nothing worse than a toothache!

Those of us with children certainly want our kids to not have cavities, but kids with cavities are very common in my practice. So what can we do as parents to save our children from having cavities? Just keep it simple!

First, brushing and FLOSSING. Hmm, why did I highlight the flossing? Because most of us don’t floss and most kids are not getting flossed. We always tell our kids to go brush their teeth, but we rarely tell them to brush and floss. So, here’s the rule: Floss every time you brush. It really doesn’t take that

long to add flossing to your kid’s brushing routine.

Second, be prepared to help your child brush and floss up to twelve years old. Most kids “get it” by age 10, but an adult really needs to be brushing and flossing their child at least twice a day, more if your child snacks a lot. Now, that doesn’t mean your child can’t be brushing and flossing themselves, but be aware that they rarely do a proper job by themselves. That’s where you come in. You can make sure their teeth are getting properly cleaned.

Third, make sure you see a dentist twice a year. This will insure that your child’s teeth, gums and development are getting checked out. Many times, small problems can be corrected cheaply and easily, before they become major issues. Pediatric dentists are always monitoring your child’s dental health. Fluoride treatments are a good way to help strengthen the tooth enamel.

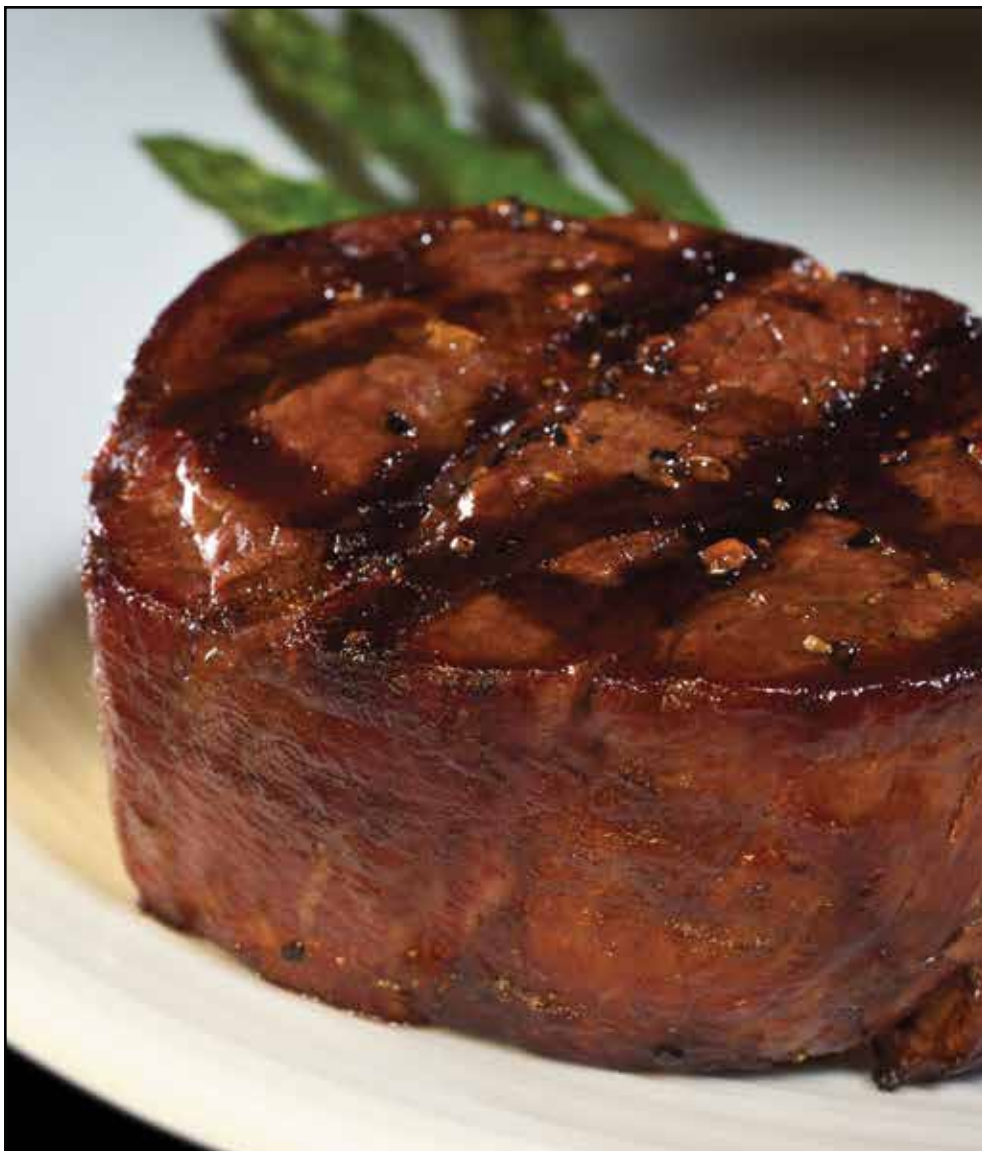
Forth, watch what your child eats and drinks. The reason we need to brush and floss is because certain foods and drinks are what cause cavities. In a nutshell, ALL simple

carbohydrates cause cavities. Juice, smoothies, granola bars, fruit chews, cereals, milk, chips, crackers, sweet yogurt, the list goes on.

Basically, anything but meat, cheese, eggs, vegetables and water causes cavities. Just make sure your child isn’t eating a lot of simple carbs frequently during the day. Frequent snacking on simple carbs will increase the risk of your child getting cavities.

There you have it, four simple things you can do to prevent cavities. Brushing and flossing your child at least twice a day. Visiting a pediatric dentist twice a year, and watching the diet. Simple!

Dr. Gilbert Trujillo, a Reno native, received his D.D.S. from the University of the Pacific and his Certificate in Pediatric Dentistry from Baylor College of Dentistry, Texas A&M. He received his Certificate of Resident of Pediatric Dentistry from Children’s Medical Center, Dallas. Dr. Trujillo belongs to many dental organizations and is active in organized dentistry on the local level. He can be reached at (775) 824-2323 or at RenoKidsDentist.com.



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Dry Needling – An alternative to pain medication



Paul Andrew

By Paul Andrew

When we get common aches and pains, treatment choices are usually: live with it, medicate it, or get a surgical procedure. Now, there is a solution that doesn't require living with the pain, using drugs, or paying major medical expenses.

Dry Needling, a procedure that is becoming popular with physical therapists, involves multiple advances of a thin filiform needle into the muscle region of a trigger point. Unlike acupuncture, which treats on the Chinese meridian, this procedure stimulates local musculoskeletal area to improve pain control and reduce tension.

Michele Thomas is a orthopedic clinical specialist with Incline Village Community Hospital Physical Therapy and Medical Fitness.

"Physical therapists have been doing research on Dry-Needling since 2006," Thomas said.

She recently learned the technique at the world-renowned University of Nevada, Las Vegas physical therapy program.



"PT's must be certified in dry-needling, and it's only approved in 42 states, including Nevada," she said.

Personally, I've been dealing with tendonitis of the elbow, a very common injury that comes from overuse. I was told this is cured by time, icing and non-use. How do you not use your elbow? I'll go several days, it seems to get better, and then I have to move a bed which results in my elbow screaming at me.

The other common pain I have involves my sciatic nerve, which runs from my waist down the back of my leg. After a few hours of driving, my leg starts to go numb, with soreness extending down my entire backside. I've

tried a seat cushion, sitting on a tennis ball, and moving as much as possible, but nothing helped. At my destination, I usually stagger out of the car like a character from a zombie movie, until the blood starts to activate my nerves after a few moments of movement.

After learning about Dry Needling from Michele, I skeptically said I would give it a try. She promised it would be quick and painless. The procedure took no more than about twenty minutes. It consisted of sticking four needles in each region where the pain occurs for about thirty seconds each. While in the muscle, there is electrical stimulation applied to the needle that relieves the tension at the trigger point.

Immediately, my pain elbow was gone. I went back to climbing the wall at our local gym. The next weekend, we took a drive to the Bay Area. Other than the usual soreness from sitting in one place for four hours, the sciatic pain didn't exist.

Though still in the early stages of development, Dry Needling is catching on with physical therapists. For me, it is a relief to be pain-free without having to take pills, or be subjected to an operation.

For more information on dry needling, visit www.tfhnd.com and search for Dry Needling, or call 775-831-1964.

9 ways to safely shovel snow

By Jennifer Barrett

This year more than ever we are all praying for some "Sierra Cement." The three-year drought has us all looking forward to the snow falling in our community and mountains. Every year, we hear stories of someone getting injured while shoveling snow. Soft tissue injuries, ligaments and muscles, especially of the lower back are the most common results from the stress of bending, lifting, and twisting while shoveling.

Walking and shoveling snow can also increase stress to your heart. People over the age of 55 are 4 times more likely to sustain stress to the heart while shoveling snow. There are several steps you can take to lessen your risk while shoveling snow.

1. Pace yourself and take frequent breaks.

2. Wear appropriate footwear to avoid slipping and falling.

3. Use an ergonomic snow shovel with a curved handle to keep your back straight.

4. Make sure to bend at the knees and hips to avoid stress to your back.

5. Keep the shovel close to your body.

6. Push the snow and avoid lifting and twisting the snow above your head and shoulders.

7. Move small amounts of snow at a time.

8. Stop if you feel short of breath or have chest pains.

9. If using a snow blower make sure to not use your hands to remove the snow and wait until the blades have completely stopped to remove any remaining snow.

It is not uncommon to feel some stiffness and pain following the shoveling

of snow. If your pain continues to persist for greater than three days and/or you feel radiating pain or neurological symptoms you may need medical consultation. Galena Sports Physical Therapy offers complementary injury assessments. A licensed physical therapist will assess your pain, range of motion, and strength to determine appropriate treatments.

Shoveling snow can be an enjoyable event especially with our beautiful days in Northern Nevada. The average person can burn up to 420 calories shoveling snow. Just be safe and take your time. Let's all pray for snow this winter season!

Jennifer Barrett is the director and owner of Galena Sport Physical Therapy. To schedule an initial evaluation with a licensed physical therapist, call Galena Sport South (775) 384-1400 or Galena Sport Midtown (775) 322-4555.



Ebola, influenza and you



Andrew Pasternak, MD

By Andy Pasternak

In the last few weeks, a lot of worry and panic surfaced over the Ebola outbreak in West Africa and the few people who have contracted

Ebola in the United States. The media created so much uproar, I've had patients ask me if I've been to Africa recently. I've also had patients frightened about flying in airplanes due to possible exposure. Yet, when I ask these same patients if they want to get an influenza, pneumococcal or pertussis vaccine, they tell me they don't need it and they'll be ok.

At a recent medical education meeting, one of the speakers was an infectious disease specialist. He had a great quote during the talk, "Fear spreads faster than

viruses." Obviously, the Ebola virus is worrisome due to its high mortality and the horrific stories from Liberia, Sierra Leone and Guinea.

From an infectious disease standpoint, however, statistically you are much more likely to become ill because of common pathogens like influenza, pertussis (whooping cough) or pneumonia.

Right now, we're seeing an outbreak of whooping cough in Elko County and influenza season is just getting fired up. While these diseases aren't as high in mortality as Ebola, we also have the opportunity to prevent them completely with safe immunizations.

Yet another reason to get your vaccines up to date: often times people get exposed to sick people when they have to go to the hospital or emergency room to care themselves or for their friends and family. Making sure everyone in your family is up-to-date on their shots

will help prevent you from making those visits and getting exposed to additional infectious diseases.

Dr. Andrew Pasternak is a board certified family physician at Silver Sage Center for

Family Medicine and Silver Sage Sports Performance. The office is currently accepting new patients at 10467 Double R Blvd, Reno, NV 89521. For more information, call (775) 853-9394.



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'Tis the Season for cold weather merriment and new Christmas companions



By Matt Schmitt

The arrival of winter brings great opportunities for fun with pets. Some can't get enough of the snow while others would rather snuggle indoors

for a cozy winter nap. No matter what your pets think of chilly weather, bear in mind that it presents special challenges to their health.

Here are some Winter Survival Tips for your furry family members.

Winter Wellness. Cold weather can aggravate medical conditions like arthritis. Now's a good time to check overall pet health for resilience to winter weather.

Know Their Limits. Pet tolerance of

plunging temps varies based on coat, body fat, activity level and health. Be aware of your pet's tolerance of cold weather and adjust activity accordingly.

Stay Inside When It's Too Cold Outside. Cats and dogs should be kept inside during very cold weather. Like people, they can be affected by frostbite and hypothermia. No pet should be left outside for long periods of time.

Check Paws. Look for signs of cold weather injury, such as cracked paw pads or bleeding. Clip hair between toes to help reduce trapped ice balls.

Bundle Up. Sweaters and dog coats are great for short-haired dogs and those bothered by cold weather.

Wipe Down. Paws can pick up deicers, antifreeze and other potentially toxic chemicals. Wipe them after every walk. Use pet-safe snow melt products.

Stay Fit. Health can suffer from



seasonal weight gain. Winter couch potatoes don't need extra calories, especially at holiday time.

Provide Fresh Water Throughout the Day!

Tinsel and Ornaments are attractive to cats, but can cause major internal problems. Place them higher on the tree, away from curious paws and teeth.

Holiday Lighting wires should be hidden, and used with grounded 3-prong extension cords as a precaution against chewing and fraying.

Microchip your pet so it can find the

way home after slipping through an open door when guests arrive.

When Santa Brings a Puppy or Kitten. Begin with a thorough physical and maintain vaccine schedule. The puppy vaccination series helps prevent dangerous diseases like parvo, distemper, rabies and leptospirosis. Kitten vaccines help protect against upper respiratory, leukemia, and rabies viruses. Full protection isn't achieved until the series is complete.

Adopted Pets also need a complete physical exam, especially after being kennelled with other animals. The best gift you can give your new furry friend is a healthy start.

Dr. Matt Schmitt is a graduate of the School of Veterinary Medicine at the University of Pennsylvania and owns South Reno Veterinary Hospital. Appointments can be scheduled by calling 775-852-2244. Dr. Schmitt is also On Call for After Hours Emergencies. Learn more at SouthRenoVet.com.

Simple steps to combat "winter drought"

By Steven Fine

During the last two winters, plants and trees in our region have experienced a serious dry spell. I know we're all doing our own personal snow dance to make sure the weather brings a healthy snowfall this season, but I wanted to pass this information along early in the season, just in case. While it seems counterintuitive to most, these low water years are what we call winter drought and the effect is quite severe if not treated properly. Specifically, the lack of soil moisture and atmospheric humidity can damage plant root systems unless they receive supplemental water.

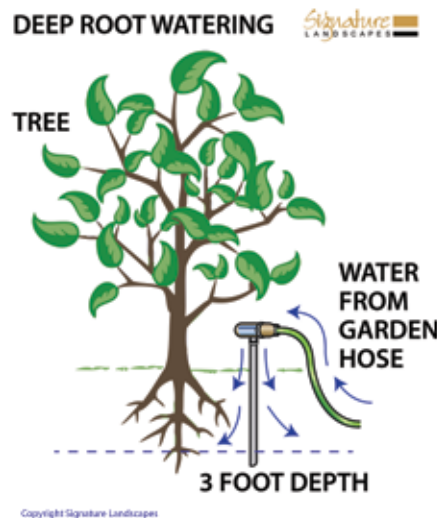
Trees and shrubs at risk from dry winters include recent transplants, evergreens and shallow rooted species such as lindens, birches, and Norway and silver maples. Evergreen shrubs, particularly those growing near a house are susceptible to root system damage.

Affected plants may appear normal and resume growth in the spring, only to weaken or die in late spring or early summer because the amount of new growth produced is greater than the weakened root system can support.

In the future, you should plan on watering plants when the leaves start to fall in the autumn. This should send them into winter with adequate soil moisture. For recent transplants, a deep-root-feeder can be used on low water pressure for one minute at each site to water the root ball and surrounding soil.

Lawn grasses also are prone to winter damage. Newly established lawns, whether they are started with seed or sod, are especially susceptible in dry weather. Pay particular attention to turf on south exposures. Generally, one or two deep winter waterings should be enough to keep plants from suffering.

You can find root feeders at most home



and garden centers, or online at Amazon.com – just search "root feeder". Costs start around \$14 and are well worth the purchase as you'll use them for years to come. But most importantly, let's hope for snowy slopes and a big water year.

Steven Fine is Marketing and Communications Manager at Signature Landscapes. For questions or comments about how to ensure the survival of your landscape plants, shrubs and trees, call Signature Landscapes at (775) 857-4333.



GENERAL WATERING RULE

If we have two weeks of dry weather, plan on watering. Water when temperature is above freezing. Apply early in the day, allowing time to soak in before nighttime. Store a hose in the garage to ensure it's thawed and ready for these watering days.



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Tighter monetary policy ahead



Timothy Kinsinger

By Timothy Kinsinger

If the mismatch between economic news and market performance felt familiar this Fall, it's probably because we experienced almost the same thing

during 2013 as pundits and analysts tried to discern when the Federal Reserve would begin to end quantitative easing. For months, bad economic news proved to be good news for stock markets. This year, investors are seeking signs that might give some insight about when the Fed will begin to raise rates. Once again, bad news has become good news.

Since market volatility may continue for some time, it's worth reviewing Fed policies since the financial crisis began and examining what may happen when the Fed begins to move the federal funds rate – the rate at which banks lend money to one another – higher.

Easy monetary policy: Wind in the sails of a halted economy

One of the primary responsibilities of central banks is to manage economic growth through monetary policy. In broad terms, monetary policy is controlling a country's money supply. For example, when businesses become nervous about the future and we see a decline in spending and investing, a central bank may encourage borrowing and spending by lowering rates, changing reserve requirements, or employing other tools. This is called monetary easing. A central bank can also tighten monetary policy when the economy begins to grow too fast or inflation rises too high. Tightening monetary policy often entails raising rates and raising reserve requirements to discourage borrowing and spending.¹

Since late 2007, the Fed has pursued

an easy money policy. Early on, when a near-zero federal fund rates failed to encourage recovery, the Fed began to employ unconventional monetary tools – like quantitative easing (QE) – to pump liquidity into the economy. The Economist described QE like this:²

“To carry out QE central banks create money by buying securities, such as government bonds, from banks with electronic cash that did not exist before. The new money swells the size of bank reserves in the economy by the quantity of assets purchased – hence “quantitative” easing. Like lowering interest rates, QE is supposed to stimulate the economy by encouraging banks to make more loans. The idea is that banks take the new money and buy assets to replace the ones they have sold to the central bank. That raises stock prices and lowers interest rates which, in turn, boost investment.”

The Federal Reserve engaged in three rounds of quantitative easing between 2008 and 2013 and began tapering its bond-buying program in January 2014. As the end of QE closed in, investors began to focus on what would come next – the Fed raising rates – and how it might affect markets and economic growth.³

Tighter monetary policy: Trimming the sails in choppy waters

Between now and 2017, the Fed is expected to begin tightening monetary policy by raising rates for the first time since the financial crisis began back in late 2007. However, the timing of the Fed's actions remains uncertain. During September 2014, The Wall Street Journal pointed out the Fed is “navigating a confounding economic environment that could complicate the methodical plans Ms. Yellen has laid out for policy in the months ahead.”⁴

While the Fed wants to end its easy-money policies before higher inflation becomes an issue, they don't want to strangle

economic growth by tightening too soon.⁴ In a speech titled, Patience Is a Virtue When Normalizing Monetary Policy, President of the Chicago Fed, Charles Evans, indicated tightening should begin later rather than sooner:⁵

“History has not looked kindly on attempts to prematurely remove monetary accommodations for economies that are in or near a liquidity trap. The U.S. experience during the Great Depression – in particular, in 1937 – is a classic example... In response to positive growth and reflation that occurred after devaluation and suspension of gold convertibility, the Fed raised reserve requirements, the Treasury sterilized gold inflows, and there was a fiscal contraction. Subsequently, the economy dropped back into recession and deflation.”

A liquidity trap is a situation in which loose monetary policy doesn't increase interest rates or stimulate economic growth. For instance, today, interest rates are low and savings rates are high, but many income investors are not buying bonds because they fear rates will rise and their holdings will decline in value.⁶

In September 2014, The Economist warned the risk of tightening too quickly was greater than the risk of tightening too slowly. It pointed out that gains made by the U.S. economy could be affected by factors at home and overseas. The labor market remained relatively slack in the United States and abroad. There were signs of disinflation in Europe and emerging markets and geopolitical issues seemed to be multiplying daily. The fear is if the Fed raises rates too soon it could push the U.S. economy back into recession and that would not bode well for global recovery.⁷

Steady into headwinds

The Fed has reassured uneasy investors by indicating rates will not rise for a ‘considerable time’ after QE ends, and Fed

Chairwoman Janet Yellen has stressed the decision will not be calendar-based but data-based.⁸

“I want to emphasize that there is no mechanical interpretation of what the term ‘considerable time’ means... If the pace of progress in achieving our goals were to quicken, if it were to accelerate, it's likely that the Committee would begin raising its target for the federal funds rate sooner than is now anticipated and might raise – might then raise the federal funds rate at a faster pace. And, the opposite is also true if the projection were to change.”

Managing monetary policy is no simple task, especially in the United States, because the Federal Reserve's actions often have global repercussions. Instead of trying to anticipate monetary policy, investors may benefit more by building well-allocated and well-diversified portfolios with an eye toward achieving their personal goals.

Timothy Kinsinger, CFP®, is a wealth manager and owner of Nevada Investment Management on Wedge Parkway. He has worked with retirees for over 30 years and currently manages over \$130,000,000 in retirement plans for hundreds of Northern Nevadans. Securities offered through LPL Financial. Member FINRA/SIPC

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New IRS ruling on rollovers of after-tax amounts

Provided by Hawley MacLean

Do you contribute to a qualified retirement plan at work, such as a 401(k), 403(b) or 457 plan? Does your account have a large balance? If so, you'll be glad to hear about a new IRS ruling that may give you a nice tax break in the future.

At some point in your life, you may want to roll the funds in that workplace retirement account into an IRA. If those dollars represent both pre-tax and after-tax contributions, wouldn't it be nice to roll the pre-tax amounts into a traditional IRA and the after-tax amounts into a Roth IRA?

For years, the IRS discouraged this. In 2009, the IRS implicitly warned against such a move. At least that is how many tax advisors read IRS Notice 2009-68, which didn't explicitly bar such “split” rollovers but strongly suggested they would raise red flags.¹

Still, some tax professionals saw “split” rollovers as doable with certain logistics. They advised their clients to withdraw the whole 401(k) balance as a first step and make outside funds available to counteract

the resulting 20% income tax withholding. In other words, the plan participants wound up paying withholding on the distribution even though the goal was an IRA rollover.²

Now the IRS has changed its mind. Starting January 1, 2015, you will be able to roll over after-tax dollars from a qualified retirement plan into a Roth IRA without paying taxes on the distribution. IRS Notice 2014-54 states this will now be permissible.³

In fact, Notice 2014-54 says that “taxpayers are permitted to apply the proposed regulations to distributions made before the applicability date, so long as such earlier distributions are made on or after Sept. 18, 2014.” So it doesn't frown on such a move before 2014 ends.⁴

The IRS has really simplified things. Under Notice 2014-54 you can make a “split” rollover and have it count as one distribution instead of two. Also, the IRS is abandoning the pro rata tax treatment of such rollover amounts. Previously, if you had \$100,000 in a qualified retirement plan and rolled \$70,000 in pre-tax dollars

into a traditional IRA and \$30,000 in after-tax dollars into a Roth IRA, then 70% of the dollars going into each IRA would be taxed under the pro rata tax treatment. Under the new ruling, a plan participant can take the \$30,000 of after-tax funds out of the plan and convert it to a Roth IRA tax-free.⁴

This has to be done in one fell swoop. The IRS ruling does note that rollovers of pre-tax and after-tax dollars from a qualified retirement plan to IRAs must occur at the same time. If they don't, they will be regarded as separate distributions. The IRS will understand “reasonable” administrative delays in this matter.⁵

Do you have after-tax amounts in your 401(k), 403(b) or 457 plan? This is worth determining, because the IRS just opened the door to a tax-free Roth conversion for anyone who does.

Hawley MacLean is the owner and President of MacLean Financial Group, a full-service financial planning company. He may be reached at (775) 329-304, hawley@macleanfinancialgroup.com or by visiting

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Give artfully this season

By Amanda Horn

This winter, connect to something bigger. And then consider gifting that experience to your loved ones, or possibly to yourself for a feel-good kick-start to your New Year. Belonging to a group of like-minded people builds our sense of community and deepens our identity. So why not give to your favorite non-profit this holiday season?

Supporting a non-profit through membership is one of the simplest ways to engage in your community. It is not a passive thing. Joining is active because through the exercise you directly contribute to the building and expansion of a culture. Your culture.

The Nevada Museum of Art has been in existence since 1931. We are the largest, and one of the oldest, cultural institutions in the state. NMA has grown into the internationally recognized museum it is today due to the people—members, visitors and staff—who have supported the arts through the years.

This fall, NMA brought a priceless document to Reno

from the National Archives. The original Emancipation Proclamation, signed by President Abraham Lincoln, was on view for a rare, limited four-day viewing. Over that time NMA gained hundreds of new members who determined that such noble endeavors deserve to be supported.

In turn, NMA immediately began thinking about best practices for engaging the new community members into the fold.

“We want to ensure they feel appreciated,” said Casey Burchby, managing director of Museum advancement. “And we need them to know that member support allows us to bring stellar exhibitions to the Biggest Little City!”

Membership benefits reciprocate. Museum members have the joy of knowing they are part of every painting and every sculpture exhibited. Their voices whisper behind the films that play, their hands shadow each art class taught. They play a direct role in preserving and advancing culture. And they take comfort in making meaning with others who they know relate.

Belonging to something long lasting and greater than



Nevada Museum of Art donors enjoy a cocktail reception in the Founder's Room, celebrating the opening of a new exhibition.

oneself satisfies a basic human need. It's also excellent for the health of the community and critical to the function of the non-profit institutions from which everyone can receive joy and pleasure. Ready to give the gift of membership this season?

Amanda Horn is director of communications at The Nevada Museum of Art. The museum is open Wednesday through Sunday. Visit NevadaArt.org for complete details.

Wine pairings made simple for winter gatherings

By Linda Petrini

Now that we have enjoyed the 2014 celebrations of Valentine's Day, Easter, Memorial Day, Fourth of July, Labor Day, Oktoberfest, and Halloween, it's time to do some serious party planning! Fall and winter get-togethers with friends and family can be as simple as gathering around a pot of chili or as elegant as a multi-course holiday meal. Either way, you might wonder which wine you should serve.

If you have a favorite southwestern chili recipe, with hot spices and sausage, consider a berry, jammie zinfandel (from Amador). The hot spices would be complimented by the sweet, rich flavors of blueberries and blackberries. Conversely, if you have a traditional, Midwestern style chili, jazz it up with a zinfandel (from Napa) adding some spicy and peppery notes.

Turkey, prime rib and ham are often featured center pieces of holiday meals. For the turkey parties I have hosted,

I find that a well rounded sauvignon blanc (preferably with some semillon) goes with just about anything that you might serve for the appetizer course. Additionally, it is usually low in alcohol, which means you will still get to enjoy your dinner. And if you are feeling a little adventurous, try an Albariño or Grüner Veltliner. Your family and friends might think that you are pretty cool. After you have impressed them with your wines, you are ready to amaze them with your super dinner. I suggest a wonderful Syrah to compliment the balance of your meal. The Syrah carries a supporting role. It's not there to make the statement, just to make the star of the show look good. That would be you, the chef.

Too often we think beef equals cabernet sauvignon. Maybe it does not? For those of you who have prime rib for your holiday feast, think Petite Sirah. PS is a cabernet-like red with softer tannins. It marries beautifully with the elegance of

the prime rib. And your potatoes and carrots will thank you for the change as well.

For you ham lovers, I would pair it with a nice buttery chardonnay from the Russian River Valley. Salty ham and buttery chardonnay – think popcorn!

And lastly, I believe that you should have either a dessert or a dessert wine...just sayin'! Or perhaps something bubbly. Champagne doesn't actually need food, in my book. But if you are so inclined, try a log of goat cheese rolled in cranberries or blueberries and cinnamon on slices of pear. Cheers!

Linda Petrini has been a "Virtual Sommelier" for 20 years, specializing in California boutique wines. She is now expanding her business to include Wine & Food Pairing Clubs as well as customized Wine and Food Pairing Events for family/friends, corporate dinners and fund raisers of any size. She can be reached at (775) 203-8798.



FAMILY RECIPES THE BEST MEDICINE

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Students discover passions in Mini Sessions

By Sophie Kim

With winter on its way, many students are looking forward to a snowy winter break. But students at Sage Ridge have one more thing to anticipate: Mini Sessions. During two weeks after winter break, students get the opportunity to learn about things that aren't traditionally taught in school.

Teachers offer classes such as forensic science, Victorian fashions, photography, film-making, origins of foods, or electronic music. Some students are even lucky enough to go on a bike trip along the California coast or spend a week in

Disneyland.

During these sessions, students get a chance to learn more about their teachers and each other's interests outside of school.

Norm Colb is the headmaster of Sage Ridge School.

"Mini Session allows teachers and students to enjoy each other in a whole different setting and to appreciate their different interests beyond the confines of the required curriculum," he said.

Jennifer Kuehn, a middle school English teacher likes to share her interest in all things Disney with kids who want to know more about it. For the last few years,

Kuehn has taught students the history of Disney culminating in a trip to Disneyland to experience the Happiest Place on Earth.

"There is much to be learned from tracing the development of Disney animation, both technically and culturally," Kuehn said. "Spending a week in the park allows students to observe firsthand the imagination and dedication such an undertaking requires."

Mini sessions also offer a welcome respite from the sometimes rigorous core courses.

"It brings into the school a refreshing quirkiness," said Colb. "We expect students

to do a fair amount of learning, but it's a little less heavy."

Noelle Kim, a high school student at Sage Ridge School likes that Mini Session is different from everyday classes, especially if a field trip is involved.

"You get to go to a different place to have fun and learn at the same time," Kim said.

Although the two-week sessions don't require huge textbooks or countless notebooks, they are still another opportunity to learn and perhaps even an occasion to discover a new passion.

Sophie Kim is a junior at Sage Ridge School.

Weather forecasters struggle to get it right

By Olivia Piccirilli-Platt

It's the beginning of winter and everyone is wondering how many sick days, eh, powder days they might get in. But predicting the weather is a science and an art.

While weather is just the condition of the air, a small-scale, day-to-day section of climate, there is so much air that predicting its condition is a job that requires thousands of weather stations and super computers to calculate data. And as anyone can attest who has ever been caught unaware in unpredicted weather, sometimes the forecasters get it wrong - especially in the mountains.

According to the National Oceanic and Atmospheric Administration's U.S.

Winter Outlook, the tropical ocean-atmospheric phenomenon El Nino may still develop, bringing a chance of moisture into California. But even if that happens, the results for Northern Nevada are expected to be weak.

Weather is a chaotic natural system that cannot easily be quantified and plugged in to an algorithm as nature seldom bows to what is convenient for humans. One reason for the inaccuracy of predicting long-range weather patterns is just how vast weather really is. A single variable could be slightly off from what was predicted, and the results could be a dramatically different weather pattern. This occurrence was christened the butterfly effect in the 60's by Edward Lorenz, referring to

the drastic changes that could occur in the weather of New York just by a butterfly flapping its wings in Asia.

Reno and most of the continental United States are located in a subpolar low-pressure cell. The earth is covered with six of these pressure cells with three on each side of the equator. High pressure cells are characterized by cool air falling from high in the atmosphere and increasing the density (and pressure) of the air below. These cells are known for being relatively dry and calm. The colder polar cell and the warmer equatorial cell typically meet near the Northern Nevada region. But whether precipitation will result in snow in higher elevations depends on accompanying temperatures.

The Farmer's Almanac predicts that this winter will be warmer than usual with less snow, helping to continue the current Reno/Tahoe area drought. According to this prediction, Mt. Rose will get most of its snowfall in early December and late February.

"Snowfall will be critical to the health of our area in the coming year," says Galena High School AP Environmental teacher Peter Fairley. "But it is unlikely there will be a lot."

Some models predict 1.5 inches for December, but only time will tell how accurate these predictions really are.

Olivia Piccirilli-Platt is a senior at Galena High School and hopes the seasonal forecast is wrong and Mt. Rose will get more snowfall than usual.



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